

Physical Activity Resources

Daily Physical Education

PE for Life

This program is available to teachers, parents, school administrators, health care and community activists, and businesses who want to help students lead healthy, active lifestyles. The web site provides information on how to get involved with PE for Life, the latest information on physical education and childhood obesity, current research findings, available grants, PE for Life program services, and upcoming events.

<http://www.pe4life.org/index.cfm>



Iowa Association for Health, Physical Education, Recreation and Dance (IAHPERD)

IAHPERD's main focus is providing leadership and support for programs that target healthy, active lifestyles. Included on its website is information about IAHPERD events and membership, as well as resources geared toward professionals in the health, PE, recreation, and dance field.

<http://www.iowaahperd.org/>



Daily Recess

American Association for the Child's Right to Play

The American Association for the Child's Right to Play is a division of the International Play Association. The purpose of the organization is to protect, preserve, and promote play as a basic human right. Its web site provides links to recess-related resources and programs, as well as current research addressing the benefits of school recess.

<http://www.ipausa.org/index.html>



Physical Activity Opportunities after School

International Walk to School in the USA

Walking (or biking) to school is just one of the many ways we can encourage children to be physically active. The International Walk to School in the USA web site offers resources for schools getting started with the program, event ideas, and resources helpful in the promotion and education process. In addition to enhancing the health of kids, this program has the potential to help improve the air quality of the environment and initiate the creation of safer routes for walking and bicycling.

<http://www.walktoschool.org/index.cfm>



Live Healthy Iowa Kids

This free, 100 day program was designed for students in grades K-12 to help them learn and apply healthy eating and physically active behaviors. The program runs from January through April and challenges youth to get at least 60 minutes of physical activity per day. Resources and monetary incentives are available to schools who participate.

<http://www.iowasportsfoundation.org/LiveHealthyIowaKids/default.aspx>



Play 60: The NFL Movement for an Active Generation

The National Football League (NFL) and the American Heart Association joined forces to develop the NFL Play 60 Challenge. This program encourages youth to be active for 60 minutes or more every day. The web site offers healthy suggestions for youth regarding nutrition and physical activity and also provides information on upcoming contests as well as related wellness initiatives.

<http://www.nflrush.com/play60/>



Iowa High School Athletic Association

The Iowa High School Athletic Association offers a school resource center with information on sports medicine and wellness for athletes.

<http://www.iahsaa.org/>



After School Physical Activity

This web site was created for grades 4 through 8 and includes ideas for games and activities in which youth can partake to stay up and moving after the school day. Categories included on the web site range from *Street Games* and *Multi-Cultural* to *Cooperative Games*, *Survivor*, and *Dance*.

<http://www.iahsaa.org/>



Integrating Physical Activity into Classroom Settings

Just-a-Minute (JAM) School Program

The JAM School Program is designed to incorporate physical activity and health education into the classroom. JAM provides a weekly one-minute exercise routine known as the JAMmin' Minute as well as a monthly health newsletter. This program is free for schools.

<http://www.jamschoolprogram.com/>



Take 10!

Take 10! is a classroom-based physical activity program for K-5 students that integrates academic learning objectives for core subjects into 10-minute physical activity breaks.

<http://www.take10.net/>



Energizers

These physical activity breaks integrate movement with academic concepts and are ideal for a classroom setting. Energizers are available for free on the North Carolina PE is Active web site and are designed for elementary and middle school students.

<http://www.ncpe4me.com/energizers.html>

